

E K-87-1604X

DDA SUBJECT FILE COPY

ROUTING AND TRANSMITTAL SLIP

Date

23 Apr 87

TO: (Name, office symbol, room number,
building, Agency/Post)

Initials

Date

1. Director of Medical Services

2.

3.

4.

5.

| Action | File | Note and Return |
|--------------|--|------------------|
| Approval | For Clearance | Per Conversation |
| As Requested | For Correction | Prepare Reply |
| Circulate | <input checked="" type="checkbox"/> For Your Information | See Me |
| Comment | Investigate | Signature |
| Coordination | Justify | |

REMARKS

FYI.

DO NOT use this form as a RECORD of approvals, concurrences, disposals,
clearances, and similar actions

FROM: (Name, org. symbol, Agency/Post)

Room No.—Bldg.

Phone No.

EXA/DDA

5041-102

*U.S.G.P.O.: 1983-421-529/320

OPTIONAL FORM 41 (Rev. 7-76)
Prescribed by GSA
FPMR (41 CFR) 101-11.206

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DDA REGISTRY
60-7

EXECUTIVE SECRETARIAT

ROUTING SLIP

TO:

| | | ACTION | INFO | DATE | INITIAL |
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| 10 | GC | | | | |
| 11 | IG | | | | |
| 12 | Compt | | | | |
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| 14 | D/PAO | | | | |
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| SUSPENSE | | Date | | | |

Remarks

Executive Secretary

23 Apr '87

Date

3637 (10-81)

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Office of the Director

UNITED STATES
OFFICE OF PERSONNEL MANAGEMENT
WASHINGTON, D.C. 20415

APR 15 1987

Executive Registry

87-1604X

MEMORANDUM FOR HEADS OF DEPARTMENTS AND AGENCIES

From: Constance Horner
Director

Subject: National Physical Fitness and Sports Month

President Reagan has designated May as National Fitness and Sports Month. As the Nation's largest employer, the Federal Government supports and promotes initiatives to enhance the fitness and health of its employees. Physical fitness contributes to employee productivity, reduces absenteeism, and lowers health care costs.

In observance of National Physical Fitness and Sports Month, the Office of Personnel Management (OPM) and the President's Council on Physical Fitness and Sports (PCPFS) have scheduled two special events to promote health and fitness.

To kick off this year's campaign, the PCPFS has declared April 30, 1987 as Federal Fitness Day. Agency teams will compete in running and walking events to be held on the mall adjacent to the U.S. Department of Agriculture (USDA) (see attached schedule).

The winning team in running will receive the USDA's "Secretary's Cup" and the winning team in walking will receive a trophy from the National Institutes of Health Recreation and Welfare Association. The agency with the best participation in both events will receive a special award from PCPFS.

To close the month's activities, OPM will present the Director's Awards for Outstanding Health/Fitness Programs during the general meeting of the Federal Interagency Health and Fitness Council on May 29, 1987, from 10:00 - 12:00 noon in the OPM auditorium. The awards honor Federal organizations that have successfully established or significantly improved their health/fitness programs as discussed in FPM Bulletin 792-39. The awards are designed to encourage health promotion and to acquaint employees with fitness opportunities with their agencies.

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Along with these events, I would like to take this opportunity to urge you and your employees to participate in fitness activities and programs in celebration of National Physical Fitness and Sports Month. These activities help to remind all of us of the importance of a healthy and productive Federal workforce. Further information on National Fitness and Sports Month or the events discussed above can be obtained by contacting PCPFS on (202) 272-2018 or OPM's Employee Health Services Branch on (202) 632-5558.

Attachment





THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS
AND THE
FEDERAL INTERAGENCY HEALTH AND FITNESS COUNCIL
WILL KICKOFF NATIONAL PHYSICAL FITNESS AND SPORTS MONTH
ON
FEDERAL FITNESS DAY - APRIL 30, 1987

GET YOUR RUNNING AND WALKING TEAMS TOGETHER AND JOIN US ON THE MALL -
ACROSS FROM THE U.S. DEPARTMENT OF AGRICULTURE.

- THE AWARDS

THE SECRETARY'S CUP - AWARDED TO THE WINNING AGENCY
COED TEAM OF THREE MEN AND THREE WOMEN IN A 3K
RUNNING EVENT.

THE NIH RECREATION & WELFARE TROPHY - AWARDED TO THE
WINNING AGENCY COED TEAM OF THREE MEN AND THREE WOMEN
IN A 3K WALKING EVENT.

THE FEDERAL INTERAGENCY HEALTH AND FITNESS COUNCIL
PARTICIPATION AWARD - TO THE AGENCY WITH THE MOST
TEAMS ENTERED IN BOTH EVENTS.

- THE SCHEDULE -

| | |
|---------------|---|
| 11:00 - 11:20 | REGISTRATION AND TEAM PHOTOGRAPHS |
| 11:20 - 11:30 | OPENING CEREMONIES AND BRIEFING OF TEAM CAPTAINS |
| 11:30 SHARP | SHOTGUN START OF RUN AND WALK EVENTS |
| 12:10 PM | AWARDS CEREMONY |

PCPFS WOULD LIKE TO KNOW ABOUT ANY ACTIVITIES PLANNED FOR YOUR AGENCY
DURING THE MONTH OF MAY AS NATIONAL PHYSICAL FITNESS AND SPORTS MONTH.
IF YOU ARE PROMOTING ANY FITNESS EVENTS, PLEASE CONTACT TOM KLEIN AT
(202) 272-3421 TO BE LISTED ON OUR SPECIAL CALENDAR.

CALL FRANK RIBIERO AT USDA (202) 447-4848 FOR FURTHER INFORMATION ON
FEDERAL FITNESS DAY.